



Taming the Fire: Hip Openers, Inversions and Pranayama

An all-levels workshop with Erin Hansbrough, Certified Anusara Yoga Teacher



Join Erin for an afternoon of grounding, precise, delicious yoga and pranayama (breathing exercises) designed to calm the nervous system and create steadiness in body and mind. You will also learn powerful alignment principles which support and heal the major joints—knees, hips/low back, and shoulders—creating a sense of strength and well-being.

Saturday, August 14, 2-4:30 p.m. Cost: \$35 pre-register/\$40 at door (tax not included)

Register online or call the studio

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